

Guided Reading Activity 1.7 (Continued)

FOR USE WITH CHAPTER 5, LESSON 2

6. Describe cholesterol, its role, and why excess cholesterol is unhealthy.

7. How do water-soluble vitamins differ from fat-soluble vitamins?

8. List three vital body processes that vitamins help regulate.

9. Why are minerals important? What are some examples?

10. Why is water important to body function?
